

# GRIP MASTER<sup>®</sup>



## HAND & FINGER EXERCISER



Increases strength, control, endurance, coordination in fingers, hand, and forearm.

*Complete exercise program printed in package.*

***"The only system designed to exercise each finger individually."***

# EXERCISE PROGRAM

---

The exercises provided are not tailored to any one specific sport. They are designed to enhance and maintain the physical attributes and general health of the athletes hands regardless of sport.



**TRIGGER PINCH** - Loosely hold the unit vertically with the buttons toward the fingers and the hook of the ergonomic palm bar positioned over the web space between the thumb and index finger. With the middle of the index finger, press the second button as if squeezing a trigger. Isolates the index finger to enhance strength and coordination.

*Note: This can also be done using the above position and the tip of the index finger.*

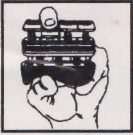


**GROSS GRASP** - Place the middle of the fingers on the buttons with the fingertips wrapped over the top. Positioning the hook of the ergonomic palm bar over the web space between the thumb and index finger, flex the thumb and all fingers toward the center of the unit as if making a fist.

Strengthens fingers, thumb, wrist and forearm for a firm grip.



**HOOK POSITION** - Place fingertips on individual buttons and position ergonomic palm bar with the hook over the web space between the thumb and index finger. Keeping fingertips slightly bent, flex all fingers toward the center of the unit. Strengthens longer muscles in forearm and wrist while stretching smaller muscles in hand for greater motion and endurance.



**TIP TO TIP PINCH** - Place the tip of the thumb on the center of the ergonomic palm bar. Position the finger to be exercised on one of the center buttons. Keeping both tips slightly bent, flex the thumb and the finger being exercised toward the center of the unit at the same time. Strengthens specific fingers, thumb, smaller hand muscles and forearm for greater control and endurance.

Can be done with one or more fingers.



**WRIST FLEXION** - Remove ergonomic palm bar. Stand unit upside down on a table. Rest the forearm of the wrist to be exercised in the other hand. Position the bar across the palm and press the bar in a downward motion while flexing only the wrist joint. Strengthens wrist and forearm muscles.



**KEY PINCH** - Place the hook of the ergonomic palm bar on the inside of the bent index finger. With the tip of the thumb slightly bent, flex the thumb on the first button. Strengthens thumb and index finger for greater stability and coordination.

*Note: For increased resistance, flex the thumb tip on two (2) buttons at the same time.*

*It is suggested that in addition to the above flexing exercises, fingers be stretched in the opposite direction to compliment your exercise program.*

**WARNING:** Like any other piece of exercise equipment, strain, muscle fatigue or other injury can occur from the use of this product. Start slowly with few repetitions as strength is increased over time. This product should be used moderately and with extreme caution. If you experience any pain or discomfort during or after use, discontinue and consult your physician.



# COMPLETE EXERCISE PROGRAM INSIDE!



*Professional sports trainers, athletes and therapists use GripMaster because of its unique ability to provide an effective isolated resistance workout. GripMaster conditions the fingers, hand, wrist and forearm with a unit you can carry in your pocket.*



- **GOLF** - Strengthen weaker fingers to overcome right/left side bias. Achieve stronger wrist snap for increased distance and consistency.



- **TENNIS** - Improved racket control and stronger wrist action for all strokes.



- **CLIMBERS** - Develops and maintains hand, wrist and forearm strength and endurance.



- **BASEBALL** - Hitters gain enhanced bat control, wrist snap and bat speed. Pitchers and position players develop a stronger grip and wrist snap for increased accuracy, velocity and ball movement.



- **KARATE** - Enhanced impact stability in hand and wrist for a stronger knife hand strike.



- **BASKETBALL** - Shoot, dribble and pass with a higher level of consistency and accuracy.

*We offer four color-coded models of graduated resistance.*

**YELLOW/ X-Light Tension** - 3 lbs. per finger for light resistance.

**BLUE/ Light Tension** - 5 lbs. per finger for average hands.

**RED/ Medium Tension** - 7 lbs. per finger for above average hands.

**BLACK/ Heavy Tension** - 9 lbs. per finger for strong hands.

*\* Note: many repetitions rather than heavy resistance is highly recommended!*

## DMM PRODUCTS

A division of ACCU-NET LLC  
P.O. Box 347, Plainview NY 11803-0347 USA  
Tel: (516) 293-0003 • Fax: (516) 293-0009  
Email: [info@dmmproducts.com](mailto:info@dmmproducts.com)

Visit [www.gripmaster.net](http://www.gripmaster.net) for more  
Innovative Consumer Products from  
DMM PRODUCTS.

Made in Korea  
© 2004 ACCU-NET LLC  
All Rights Reserved

MEDIUM



7 58895 14002 7